

# The Community Crusader

*A quarterly publication of Community Action of Southern Kentucky*

## **Bowling Green Junior Woman's Club Donates \$2,500 to Community Action's Child Care Program**

Community Action of Southern Kentucky received a \$2,500 grant from the Bowling Green Junior Woman's Club (BGJWC) to help continue and enhance evening child care services in Bowling Green. Each year, the BGJWC donates funds to non-profit organizations that serve children and families in Bowling Green through funds generated by their annual Duncan Hines Festival. Other recipients included Newborns in Need and Wee Care Nursery.

"As a woman's club we like to focus on programs and groups that have a mission to serve women and children in need. Potential grantees are asked to tell us how their organization can utilize these funds to help women and children in our community that are in need. Community Action's Child Care services fits perfectly with our focus to positively impact the lives of women and children in Warren County," said BGJWC President Julia Seiler.

Last year, Community Action provided Child Care to 203 children in Bowling Green. The Agency's Child Care Centers benefit both children and parents by providing constructive, quality care for children six weeks of age and older. Community Action provides Child Care services regardless of income level. The Agency is one of the few child care facilities providing extended hours for evening child care. Many parents work in the evening or attend meetings and other activities in the evening and have difficulty finding child care with the knowledge that their children are in a good, safe environment.

Cheryl Allen, CEO said, "Contributions like this one from the Bowling Green Junior Woman's Club help us to serve more people and improve more lives. We are extremely appreciative of this support."

All women of Warren County from the ages of 18 through 45 are eligible for membership in the BGJWC. Ladies interested in joining may contact Julia Seiler at [juliaseiler@mac.com](mailto:juliaseiler@mac.com) or Ashley Reynolds at [ashley.reynolds@gmail.com](mailto:ashley.reynolds@gmail.com).

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*CASOKY Staff Christina Powell, Head Start/Child Care Assistant Center Manager at EHS, Tracy Haddix Director of Children's Services, Cheryl Allen, CEO and Julia Seiler, President Bowling Green Junior Woman's*

Want to help in the War  
Against Poverty? See page  
4 for ways you can help or  
**DONATE NOW** at  
[www.casoky.org](http://www.casoky.org)



## Success Corner: Senior Centers Focus on Fitness

Ralph Howell, Senior Center member in Scottsville (pictured left), used the NuStep Exercise machine (along with diet and other exercise) in the new Allen County Community Action Center to help him lose 50 pounds!

Our local Senior Centers are moving and shaking! Whether using exercise equipment, the Nintendo Wii, dancing, Tai Chi or Arthritis Foundation's Exercise Program, local seniors are getting active.

Community Action's Senior Centers offer hundreds of seniors opportunities to maintain their independence. These activities and services are designed to aid in the social and nutritional well being of our senior citizens age 60 and older. Senior Centers offer meals, transportation, recreation, health, nutrition, enrichment activities and socialization that improves lives. Learn more about our Senior Centers, call 782-3162 or visit [www.casoky.org/senior-services](http://www.casoky.org/senior-services).

## 1<sup>st</sup> Ever Edmonson County Table-Setting Throwdown a Success!

On January 15, 2011, Community Action of Southern Kentucky hosted Table-Setting Throwdown at the Edmonson County Community Center from 11am to 2pm. Over \$2,000 was raised for the Edmonson County Senior Center's enrichment activities! A crowd enjoyed concessions, a LIVE AUCTION and lots of fun at this community event!

A total of 8 tables competed for the top prize of \$100! First place went to Vickie Walker, Second Place was Shirley Bond and Linda Butts, and Third Place went to Madge Lashley. We would like to thank all of the volunteers who helped make this event a success. Thank you to Elvis Lindsey and his family for helping with the live auction. Please visit [www.casoky.org/media](http://www.casoky.org/media) to see photos from the event!



Pictured above is the winning table!



Barren County Foster Grandparents & Judge Executive Greer

Community Action of Southern Kentucky honored more than 100 Foster Grandparents during its Annual Volunteer Recognition on Tuesday, October 19, 2010. For more photos from the event, please visit [www.casoky.org/media](http://www.casoky.org/media).



*Participants Lauren Gumm, intern at Community Action and Bill Waltrip experienced the difficulties of living on a fixed income in the Agency's Poverty Simulation on October 13, 2010 at Rivendell*

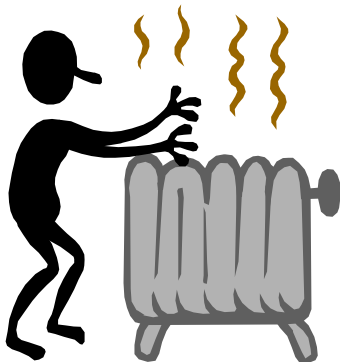
## Raising Awareness of Poverty Through Poverty Simulations

Community Action of Southern Kentucky has been hosting Poverty Simulations throughout our service area since July 2010. So far, the Agency has hosted five Poverty Simulations and has at least one more scheduled this fiscal year! The most recent on March 2, 2011 for the Kentucky Cabinet for Health and Family Services' Department of Community Based Services regional staff included 77 participants!

One participant said after the experience, "I was surprised what I would do just to make sure me and my brother got fed. I didn't care if my parents got in trouble; I just wanted to make sure we were fed. I am going to go home and never complain about anything."

WBKO, WNKY, Bowling Green Daily News and other local newspapers have provided news coverage of some of the simulations and guest spots on their morning and midday shows to help spread awareness. Videos can be viewed at our youtube page: <http://www.youtube.com/user/CommunityActionSOKY>. Also, WBKO's Zakk Gammon had a special report on February 17<sup>th</sup> called "Living In Poverty", which included a walk-through of one of our simulations.

**The next Poverty Simulation is May 3, 2011 at Columbia Avenue Church of Christ in Glasgow. To participate, log on to [www.casoky.org](http://www.casoky.org) and register now or call Charity Parrish at 270-782-3162.**



## LIHEAP Crisis is providing heat to families in need!

As of March 26, 2011, Community Action's Community Services offices have helped 7,638 households in our 10 county area to provide heat for their families. The Low Income Home Energy Assistance Program Crisis Portion began on January 4<sup>th</sup> and will end on March 31, 2011 or when funds have been expended.

## Ways you can help

Planning your annual giving for 2011? Although Community Action receives Federal, State and Local Government funding, it is private contributions that make the difference and help us provide high quality services for the most vulnerable families, individuals, seniors and children. Pledge now to donate each year to Community Action of Southern Kentucky.

Are you interested in ways your business or organization can give back to our communities, while promoting your business? Below, we have listed a few ways you can help fight the war on poverty!

- Sponsor one of these **Quarterly Newsletters for \$300/quarter**
- **Advertise on** one of our **GO bg transit buses**(multiple month contract required):
  1. Back of Bus Wrap (\$350/mo.)
  2. Bike Rack Ad Board(\$100/mo.)
  3. Inside bus tri-fold holder (\$12/mo.)
- **Become a sponsor** of one of our fundraising events, including our annual **Charity Golf Classic** or the **Community Big Shot** Sporting Clays Tournament! There are sponsorship levels that fit any advertising budget.
- **Become a Building or Room Sponsor** at one of our locations
  - Contact us for rates!
- **Hold a “dress down” fundraiser** with your staff and ask them to pay a few dollars to raise money for Community Action.
- **Hold food drives** or **personal care item drives** at your location and donate what is gathered to one of our Community Services food pantries in the 10 county area.
- **Collect used plastic grocery bags** and have a “plarn”(plastic yarn) making party to be crocheted by the Retired and Senior Volunteer Program to make into sleeping mats for the local homeless.
- **Participate in our fundraising events** throughout the year advertised on [www.casoky.org](http://www.casoky.org). Often for \$5-\$10 per person you can attend our Chili Cook-off, Old Style Supper and Auction, **Community Action Night at the Hot Rods Ballpark(May 2<sup>nd</sup> 2011!!)** or others!
- **Volunteer and Advocate for Community Action Programs:** Retired and Senior Volunteers are always needed. Maybe you could volunteer to read to children, service and clean an agency vehicle, help with energy assistance applications, help with a Poverty Simulation training, help spread the word about our events --- there are many opportunities to help people right here in our communities! Tell others about our success stories and programs that help people in need.

**Contact Charity Parrish at 270-782-3162 to get involved today!!**

## RSVP Volunteers Recognized!

Community Action of Southern Kentucky honored Retired and Senior Volunteers during its Annual Volunteer Recognition on February 23, 2011. Pictured here are volunteers from Allen County with CA staff Ricky Garrison, Mike Hall, Ellie Harbaugh, Cheryl Allen and Board Member Gerald Shanks.





Community Action of Southern Kentucky's Family Preservation staff from left to right, back row: Donna Browning, TANF Intensive Intervention Specialist (IIS), Jacque Robertson, FPP IIS, Michelle Duke, TANF IIS, Kimberly Kucharski, FPP IIS, Kenyatta Bratton, TANF IIS, and Alicia Manning, TANF IIS. front row: Shanica Gant, FPP Program Assistant, Alexis Greenwood-Markle, TANF IIS, Melissa Hamilton, FPP IIS, Debbie Mahan, TANF Program Assistant, Krystal Leslie, TANF IIS, Jennifer Basham, Program Director, and Hope Rice, TANF Program Supervisor.

## Program Spotlight: Family Preservation

Community Action of Southern Kentucky's Family Preservation Program provides in-home specialists who are trained to work intensively with families in crisis whose children are at imminent or serious risk of removal, and/or whose children are in out of home care at the time of referral. Families are referred by the Cabinet for Health and Family Services, Department for Community Based Services. **March 18<sup>th</sup> marked the 20<sup>th</sup> year of the Family Preservation Program!**

This staff of only 13 strives to provide emotional support, concrete services and teach methods and techniques for dealing with identified problems. The clinical staff works to empower the parent to successfully confront those problems that have disrupted the family in the past.

The Family Preservation Program's 3 main functions:

- To keep the family safe.
- To avoid unnecessary placement of children in out-of-home care.
- To improve family functioning so the behavior that led to crisis will be reduced.

The Family Preservation Program also assists families in their ability to utilize community resources such as health departments, housing, transportation, and so forth. For more information about the Family Preservation Program, please visit [www.casoky.org/family-preservation-program](http://www.casoky.org/family-preservation-program).

## May is Community Action Month!

Community Action of Southern Kentucky will kick off Community Action month May 2<sup>nd</sup> with Community Action Night at the **Bowling Green Hot Rods!** Buy your ticket from Community Action for only \$10 and we receive half of the proceeds!

Sign up to play in the 5<sup>th</sup> Annual Community Action **Charity Golf Classic** at Crosswinds on May 26, 2011.

Register online at [www.casoky.org](http://www.casoky.org).

Our first **Community Big Shot** Sporting Clays Tournament will be held at Rockcastle Shooting Center on May 14<sup>th</sup>.

For information on all fundraising events or to sign up, call Charity Parrish at 270-782-3162!



**Community Action's Garden Program** begins on April 1, 2011. Garden kickoff celebrations have been scheduled in several communities. Go to [www.casoky.org/news](http://www.casoky.org/news) or contact your local Community Services office. The Garden Program provides \$20 vouchers to income eligible participants to grow a vegetable garden to help feed their family! Vouchers can be used for seeds, plants and/or fertilizer.

## Agency Program Contacts

Cheryl Allen, CEO/Executive Director  
 Jenni Basham, Family Preservation  
 Magan Belt & Kacey Cole, Food Services  
 Robert Chinn, Foster Grandparents  
 Brandon Fowler, IT Administrator  
 Tracy Haddix, Children's Services  
 Michael Hall, RSVP  
 Ellie Harbaugh, Associate Director  
 Kathy Hunt, Weatherization  
 Sandi Knight, Senior Services  
 Pam McElhiney, Family Nurturing  
 Ken Meredith, Public Transit  
 Charity Parrish, Public Information  
 Angela Roy, Human Resources  
 Susan Simmons, Finance  
 Leslie Talley, Community Services  
 Donna Tooley, Transportation

## Calendar of Events

- April 19** Dance & Potluck at Education and Human Service Building
- April 22** Agency Holiday; **GO bg FREE rides Earth Day**
- May is National Community Action Month!**
- May 2** Community Action Night at the Hot Rods
- May 3** Poverty Simulation in Glasgow
- May 14** **Community Big Shot**  
Community Action of Southern Kentucky's First Ever Sporting Clays Tournament
- May 25** Healthy Aging Conference at Carroll Knicely
- May 26** **Charity Golf Classic** at Crosswinds
- May 30** Agency Holiday

To receive future newsletters in full color by email, please send your email address to [cparrish@casoky.org](mailto:cparrish@casoky.org) or call Charity Parrish at 270-782-3162.

*Community Action of Southern Kentucky: Serving Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren Counties.*

***Celebrating 45 Years of Uniting People with Opportunities!***



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